



Sampada



संपदा



The Official Bulletin of RCD Resources

December 15, 2022 Volume 1 Issue 7

Let's Serve Those Today Who Serve Us Everyday



Dr. Piyush Ranjan Mishra
AIIMS



Dr. Pushpa Sethi,
Senior Gynecologist



Rtn. Ajay Narain, Secretary General
The Cancer Foundation



Lt. Col. Kaju

Our Recent Keynote Speakers



Lt. Col. Kumawat



Rtn. Arun Rekha
Chairperson, LE&RN



Dr. Seema Singh
RGCIRC



Rtn. Arun Roongta
Director North India LE&RN



Celebrations of December / January

| December | | |
|----------|--|-------------|
| 1 | Rtn. Navin Kumar Singh | Birthday |
| 10 | Rtn. Dinesh Kumar Shrivastava | Birthday |
| 11 | Rtn. Sunil Kumar Day & Rtn. Niti Day | Anniversary |
| 12 | Rtn. Mohd Amin | Birthday |
| 14 | Rtn. Subhash & Anne Sunita Kalra | Anniversary |
| 20 | Rtn. Nidhi Vij | Birthday |
| January | | |
| 2 | Rtn. Alka Banga | Birthday |
| 14 | Anne Anjali Dang | Birthday |
| 25 | Rtn. Sudhir Kapoor | Birthday |
| 25 | Rtn. Sunil Kapoor | Birthday |
| 30 | Rtn. Dinesh & Rtn. Kumudni Shrivastava | Anniversary |



After the Four successful Service Projects on 10-12-2022, the Wedding Anniversary of Rtn Sunil and Rtn Niti was celebrated in the warmth of all present at the camp location of Anand Parbat. Cake was provided by the Rtn Rakesh Banga, PE.



Rtn Subhash and Sunita Kalra Ji celebrated their wedding anniversary in Dubai on 14.12.2022



Rtn Dinesh Kumar Shrivastava Ji celebrated his birthday on 10.12.2022




Let's Serve Those Today Who Serve Us Everyday



DEC 01, 2022 **Rotary** 09:30 AM - 01:30 PM

FREE MAMMOGRAPHY CAMP
(For Detection of Breast Cancer
For 40 - 70 yrs old)

VENUE : DAPS-2, Sadar Bazar, Delhi Cantt.



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ROTARY CLUB OF DELHI RESOURCES

ZONE 12 DISTRICT 3011 CLUB ID - 224707

Thursday, 1st December 2022 - Our club organized our 2nd free Mammography Camp at Delhi Area Primary School -2 (DAPS-2), Sadar Bazar, Delhi Cantt – 110006. The School Coordinator Mrs. Anjana Negi and her team was the perfect host with all-round provisions for Rotarians and beneficiaries. There were **20 beneficiaries** (ladies between 40 to 70 years old) from support staff and teachers. We met our 100% target.





Let's Serve Those Today Who Serve Us Everyday



DEC 03, 2022

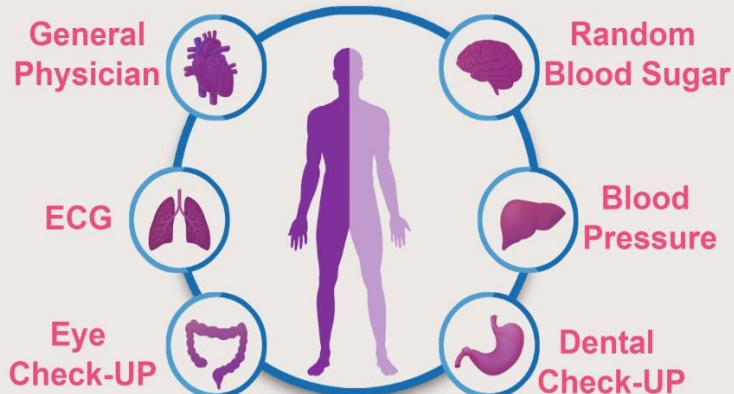


10 AM - 2 PM

FREE GENERAL HEALTH CHECK-UP

BY : GLT SARASWATI BAL MANDIR, NEHRU NAGAR,
NEW DELHI-110065.

FIRST COME, FIRST SERVED



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Saturday, 3rd December 2022 – A General Health Check-up Camp was conducted by RCD Resources in collaboration with GLT Saraswati Bal Mandir (GLTSBM), Nehru Nagar, New Delhi – 110065. This is for the benefit of the Students of all age groups. It started at sharp 10:00 am and continued till 2:00 pm. Patients were registered followed by blood tests for lipids and sugar. The testing van / equipment were provided by Fortis, Vasant Kunj. There were around **100 beneficiaries** including students and some parents - as it was PTM (Parent Teacher Meeting) day.





Let's Serve Those Today Who Serve Us Everyday



DEC 05, 2022



10 AM - 2 PM

FREE MAMMOGRAPHY CAMP

(For Detection of Breast Cancer
For 40 - 70 yrs old)

VENUE : GLT SARASWATI BAL MANDIR,
NEHRU NAGAR, NEW DELHI-110065.



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DELHI RESOURCES



ZONE 12

DISTRICT 3011

CLUB ID - 224707

Monday 05th December 2022 - Our club organized a free Mammography Camp at GLT Saraswati Bal Mandir, Nehru Nagar, New Delhi – 110065. The Mobile Mammography van is a project of Rotary Club Gurgaon. In a day 20 ladies can be checked to meet 100% target – however due to some equipment failure we could do only **15 beneficiaries** and 5 ladies had to leave disappointed. This was our second camp at the venue.





Let's Serve Those Today Who Serve Us Everyday



Monday, 5th December 2022, Rotary Clubs of Delhi West, Resources, Madhyam and Ridge joined the incredible initiative by Rotary Club of Narnaul and RCD Restoring Smiles, Rotary Rasoi at Divya Kala Mela, food for Underprivileged. Grateful to them for a very warm hospitality





Let's Serve Those Today Who Serve Us Everyday

DEC 06, 2022



10 AM - 2 PM

FREE CANCER SCREENING

Venue : Anand Parbat, Military Station.

1. For Men Oral Screening - No Age Limit
2. For Women - Clinical Breast Examination (Age - above 20 years)
3. Pap Smear (Women 21 to 65 years)
4. Clinical Nutritionist Session

Keynote Speaker:

Mr. Ajay Narain

Secretary General Cancer Foundation.

Rtn NIDHI VIJ, RCD RESOURCES



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ZONE 12 DISTRICT 3011 CLUB ID - 224707

**Rajiv Gandhi Cancer Institute
&
Research Centre**



Tuesday, 6th December 2022 – A General Health Check-up Camp was conducted by RCD Resources in collaboration with Anand Parbat, Military Station, New Delhi – 110005. This is for the benefit of the residents of all age groups for Men Oral Screening, Women Clinical Breast Examination & Pap Smear, etc. Prostate Cancer check & Clinical Nutritionist session was held without any fee charge. It started at sharp 10:00 am and continued till 2:00 pm. The testing equipment were provided by Rajiv Gandhi Cancer Institute & Research Center. There were around **100 beneficiaries** - both men and women. The camp was attended by Lt. Col. Kumawat. The keynote speaker was Rtn. Ajay Narain, Secretary General The Cancer Foundation. There were two more speakers, Rtn. Arun Rekha and Rtn. Arun Roongta, both members of the Executive Committee of The Rotary Foundation. And this event was celebrated with tea & snacks in traditional Indian way for inviting auspiciousness / blessings for the success of the project.





Let's Serve Those Today Who Serve Us Everyday



DEC 06, 2022



10 AM - 2 PM

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ZONE 12

DISTRICT 3011

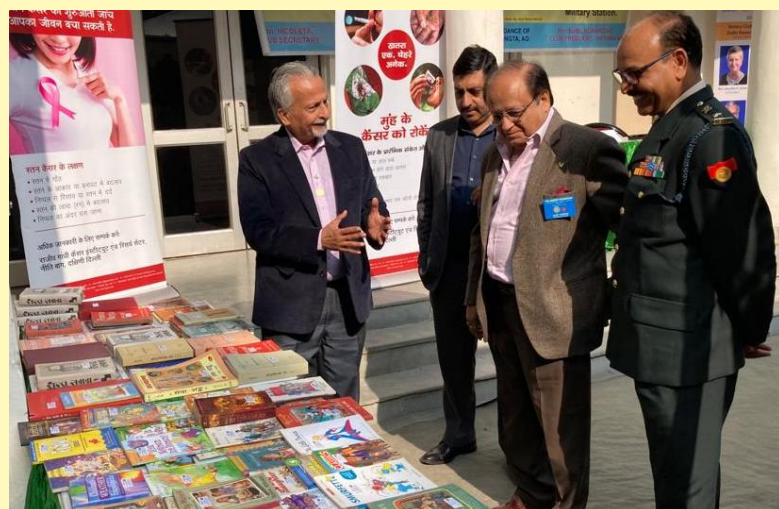
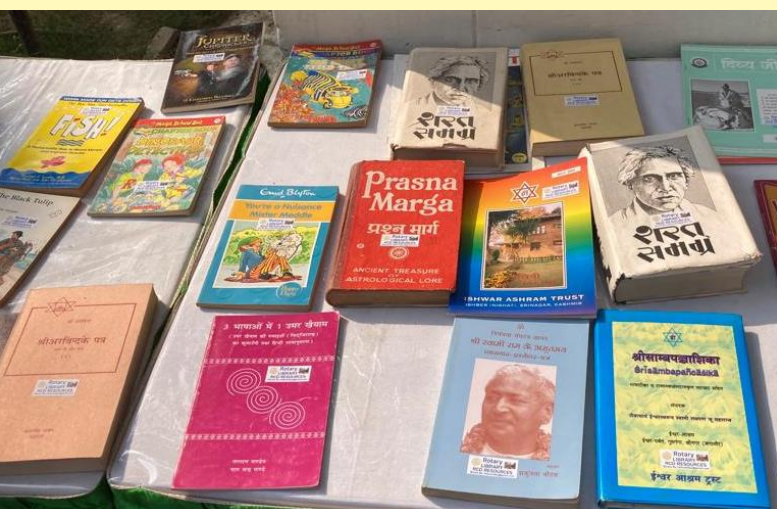
CLUB ID - 224707



**LET'S
PROMOTE READING**

**LIBRARY NUMBER - 7
at Anand Parbat, Military Station.**

Let's Promote Reading - This Signature Project has been initiated / conceived by Rtn. Sunil Kumar Day, President and 1st Lady Rtn. Niti Day, Project Chair - to be at multiple locations. There are books of Management / Spiritual / Cookery/ Fiction and General Knowledge for all ages in Hindi and English. The #7 Library project was launched on 26th November 2022 at Anand Parbat, Military Station, New Delhi – 110005. However today, 06.12.2022 we added additional 100 books approximately. Some benefits - The first and foremost benefit is getting free books. The camp was attended by Lt. Col. Kumawat. Also Rtn. Ajay Narain, Secretary General The Cancer Foundation and Rtn. Arun Rekha and Rtn. Arun Roongta, both members of the Executive Committee of The Rotary Foundation graced the occasion. And this event was celebrated with tea & snacks in traditional Indian way for inviting auspiciousness / blessings for the success of the project.





Let's Serve Those Today Who Serve Us Everyday



Saturday, 10th December 2022 - Our club organized Cancer Awareness & Detection Camp at Anand Parbat, Military Station, New Delhi – 110005. This camp was held for keynote speaker Dr. Piyush of AIIMS & Dr. Pushpa Sethi, Senior Gynecologist under the guidance of The Cancer Foundation. This was meant for the residence of the Military Station under the administration of Lt. Col. Kumawat. Both the eminent speakers spoke at length on the following topics at length addressed to both men & women:

1. Breast Cancer
2. Cervical Cancer
3. Oral Cancer
4. General Health Issues.
5. Q & A session was held and queries were answered.





Let's Serve Those Today Who Serve Us Everyday



DEC 10, 2022



12 NOON - 4 PM

CANCER SCREENING

Venue : Anand Parbat, Military Station.

1. General Check UP For All BP / Sugar
 2. Cancer Screening
- For Men - Oral Screening (No Age Limit)
For Women - Breast & Oral
Any Specific Problems For Men / Women

Keynote Address By:

Dr. Piyush

Department Of Surgical Science-AIIMS

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ZONE 12 DISTRICT 3011 CLUB ID - 224707

All India Institute Of
Medical Science (AIIMS)

Saturday, 10th December 2022 – A Cancer Screening Camp was conducted by RCD Resources in collaboration with AIIMS at Anand Parbat, Military Station, New Delhi – 110005. This is for the benefit of the residents of all age groups for Men Oral Screening, Women Breast & Oral Examination, and General Check-up for all BP / Sugar was held without any fee charge. It started at sharp 10:00 am and continued till 2:00 pm. The testing equipment were provided by AIIMS. There were **77 beneficiaries** – men, women and some children. The camp was attended by Lt. Col. Kumawat. The keynote speaker was Dr. Piyush Ranjan Mishra, AIIMS, New Delhi. And this event was celebrated with tea & snacks in traditional Indian way for inviting auspiciousness / blessings for the success of the project.





Let's Serve Those Today Who Serve Us Everyday



DEC 10, 2022



10 AM - 2 PM

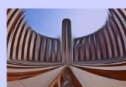
FREE MAMMOGRAPHY CAMP

(For Detection of Breast Cancer
For 40 - 70 yrs old)

VENUE : Anand Parbat, Military Station.



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ZONE 12

DISTRICT 3011

CLUB ID - 224707

Saturday, 10th December 2022 - Our club organized our 2nd free Mammography Camp at Anand Parbat, Military Station, New Delhi – 110005. This camp was held under the guidance of Lt. Col. Kumawat and his team was the perfect host with all-round provisions for Rotarians and beneficiaries. The testing facilities are provided by the Mobile Mammography van that is a project of Rotary Club Gurgaon.





Let's Serve Those Today Who Serve Us Everyday



DEC 10, 2022

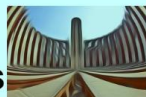


1200 - 1600 HRS

Venue : Anand Parbat, Military Station.


LE & RN
Lymphatic Education
& Research Network

1. Talk on Healthy Legs :
Lymphedema & Varicose Veins
&
2. Distribution of Compression
Stockings

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ZONE 12 DISTRICT 3011 CLUB ID - 224707

Saturday, 10th December 2022 – A Lymphatic Education & Research Network (LE&RN) Camp was conducted by RCD Resources in collaboration with LE&EN India at Anand Parbat, Military Station, New Delhi – 110005. This is for the benefit of the soldiers / guards who have to stand for long hours. Chairperson Rtn. Arun Rekha gave a talk on Healthy Legs and explained Lymphedema & Varicose Veins. Director of North India Rtn. Arun Roongta introduced LE&RN India and its objectives. The camp was concluded with distribution of 10 Compression Stockings to the soldiers attending. As such each Stocking is priced at Rs.5000/-. The camp was attended by Lt. Col. Kumawat. And this event was celebrated with tea & snacks in traditional Indian way for inviting auspiciousness / blessings for the success of the project. President Rtn. Sunil Kumar Day handed over Appreciation Certificates to Rtn. Arun Rekha and Rtn. Arun Roongta.





Let's Serve Those Today Who Serve Us Everyday



11-12-2022 Rotary 10 AM - 2 PM

FREE MAMMOGRAPHY CAMP
(For Detection of Breast Cancer For 40 - 70 yrs old)

VENUE : In Front of Radha Krishna Mandir,
C-605, Defence Colony, New Delhi-110024.

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ZONE 12 DISTRICT 3011 CLUB ID - 224707

Sunday, 11th December 2022 - Our club organized a free Mammography Camp at Shri Sanatan Dharam Sabha (Regd.), Shri Radha Krishna Mandir, C-605, Defence Colony, New Delhi – 110024. This camp was held under the guidance of Mr. Sushil Bagga, Secretary; Mr. Dinesh Gupta, Jt. Secretary; Pandit Bhaeron Lal and his team was the prefect host with all-round provisions for Rotarians and beneficiaries. . In a day **20 ladies** are checked normally but we did 21 due to superefficient performance by Ms. Pooja.

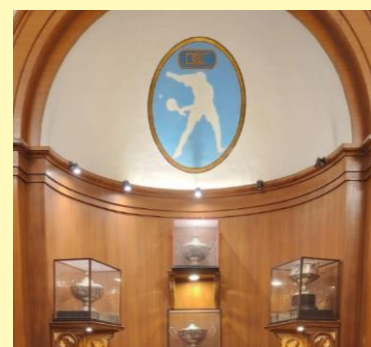




Let's Serve Those Today Who Serve Us Everyday



Backroom fellowship with Rotarians of RCD West & Doctors of AIIMS as well as the Military Station Head who all graced our Service Projects on December 10, 2022.

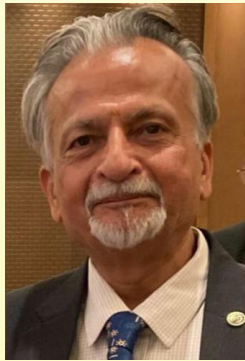


Board Meeting #4 held at Blue Room, Delhi Gymkhana Club on 03.12.2022 it was a hybrid meeting. It was over sumptuous high tea..





Let's Serve Those Today Who Serve Us Everyday



A Note by President

This is our 7th issue of the Club Bulletin for the period of December 1st to December 15th 2022. Now we are proudly standing with 72 Projects including 32 Mammography Camps since Charter of our Club on 19/08/2022.

Our Moto this month is *Let's Serve Those Today Who Serve Us Everyday*. We may make it our Club Moto for all times to come if members agree.

We are taking a back seat with our Service Projects for a few days to devote our time on GOV (Governor's Official Visit) which is a mandatory Annual Event for every Rotary Club in the world. It is fixed for 17/12/2022.

On 31/12/2022, it is midpoint of Rotary Year that is from 1st of July till 30th of June. For the second half of the Rotary Year, we plan to have some CSR projects and some projects with District Grant. But we want to continue with Cancer Screening projects with AIIMS & Rajiv Gandhi Cancer Institute and Research Center (RGCIRC) as well as Breast Cancer Awareness & Detection Camps. Still there is scope of more ideas!! Members are requested to feed their thoughts that we can print in Club Bulletins for all time references and implementation.



A Note by Editor

We are very pleased and proud to be so close to our Clubs first milestone. Each month our club has been inching towards the "pillars of success" which are necessary for building and sustaining a vibrant club. The pillars are -

1) Membership, 2) Programs, 3) Projects, and 4) Fund Raising. We have been experiencing great success in our projects and programs with an ever growing list of beneficiaries and with additional support we will soon be able to expand our club activities. Other members are welcome to chip in wherein we can have a segment of "Coffee with a Rotarian" where they can provide a profile of some sort such as a personal update, a vocational perspective etc.
Rtn Vidushi Lal, Editor

Board of Directors

| |
|---|
| President Sunil Kumar Day |
| President Elect Rakesh Banga |
| Vice President Sunil Kapoor |
| Secretary Nicoleta Ioana Ciufudean |
| Joint Secretary Sara Banga |
| Treasurer Rakesh Banga |
| Sgt-at-arms Harish Dang |
| Club Service Pradeep Kumar Pangasa |
| Vocational Service Alok Sahdev |
| Community Service Dinesh Kumar Shrivastava |
| International Service Nicoleta Ioana Ciufudean |
| New Generation Service Niti Day |
| Membership Yogesh Sharma |
| Public Image Niti Day |
| The Rotary Foundation Alok Sahdev |
| Literacy (T-E-A-C-H) Prabodh Kumar Dubey |
| Water Sanitation & Hygiene Gurmukh Kotwani |
| CSR Sunil Kapoor |
| IT Alka Banga / Vidushi Lal |

"It there is no fire in you, how can you inspire anyone. If you want to inspire, you must burn intensely"

Sadguru



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**"There is a difference
between easy and lazy.
If you do life easy, you
can do a lot more"**

Sadguru

**"Volunteers are unpaid
not because they are
worthless , but because
they are priceless"**

Anonymous

**"Only a life lived in the
service of others is
worth living"**

Albert Einstein

Rotary 

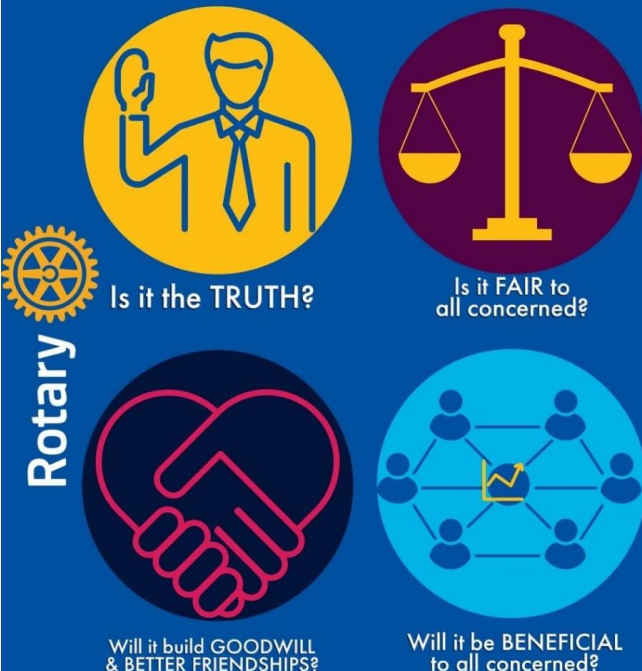
THE FOUR-WAY TEST Of the things we think, say, or do

The Four-Way Test is a nonpartisan and nonsectarian ethical guide for Rotarians to use for their personal and professional relationships.

1. **Is it the TRUTH?**
2. **Is it FAIR to all concerned?**
3. **Will it build GOODWILL and BETTER FRIENDSHIPS?**
4. **Will it be BENEFICIAL to all concerned?**

OUR MORAL COMPASS

FOUR-WAY TEST of things we think, say, or do



the 4 Way Test

जो हम सोचते हैं , करते हैं ,
कहते हैं क्या वह

1. सच है ?
2. सब के लिए उचित है ?
3. सद्भावना, भाईचारा और मित्रता बढ़ाते है ?
4. सब के लिए लाभदायक है ?